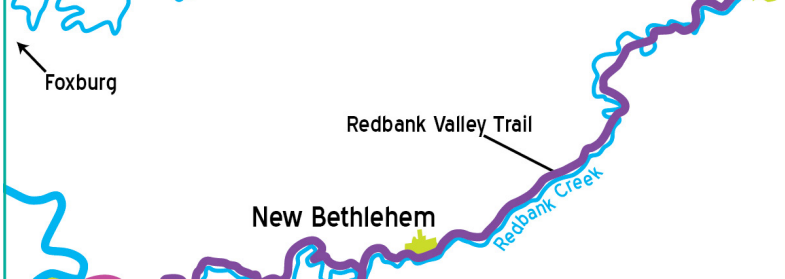
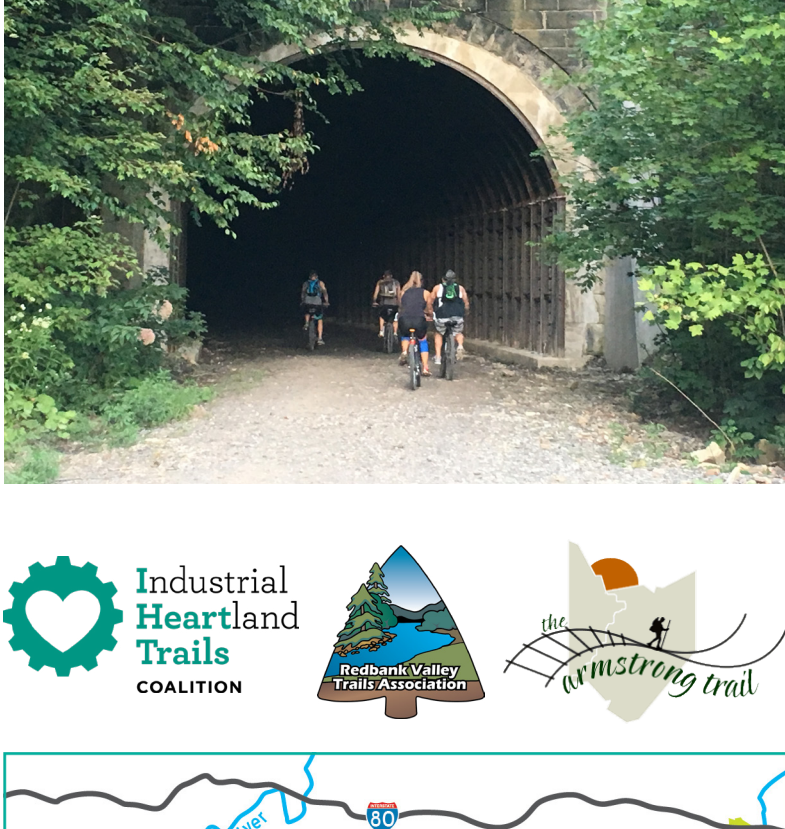


TRAIL TRIP

Armstrong and Redbank Valley Trails

Just an hour northeast of Pittsburgh, the Armstrong Trail follows the wide and placid Allegheny River, 2017 Pennsylvania River of the Year. The adjoining Redbank Valley Trail follows Redbank Creek for a remote, wooded experience. This is a no frills trail trip with all the thrills: stunning views, great trails, tunnels, and historic communities.



The Armstrong and Redbank Valley Trails are part of the larger Industrial Heartland Trails Coalition. Learn more at: www.ihearttrails.org.

TRAIL INFO:

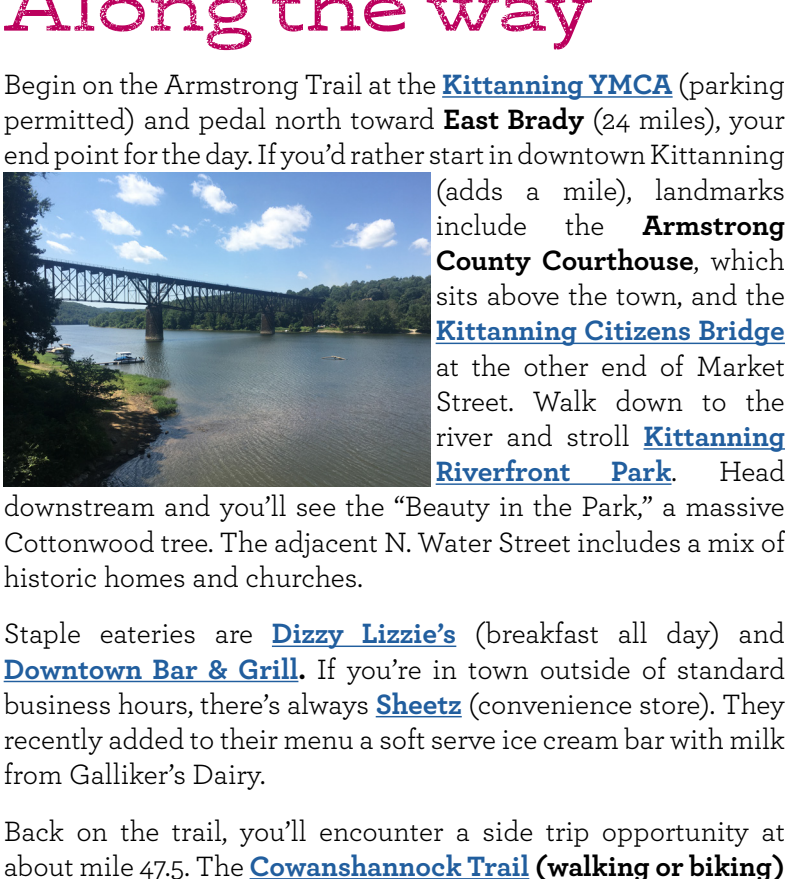
Allow 2- 3 days to complete the full itinerary (one way), or pick and choose sections.

Armstrong Trail: 30 miles crushed limestone, typical grade 1-2%. Note: Mile markers reflect the alignment of the original Allegheny Valley Railroad.

Redbank Valley Trail: 41.5 miles crushed limestone, typical grade less than 1%.

The trails are remote between locales. Carry provisions and a bike kit for maximum enjoyment. There are no bike shops or rentals, but [Paul's Auto Parts](#) in Kittanning accommodates most brands with parts and service.

Most stops listed are reachable by bike. Those that require a vehicle are noted in the excursions section.



Along the way

Begin on the Armstrong Trail at the [Kittanning YMCA](#) (parking permitted) and pedal north toward **East Brady** (24 miles), your end point for the day. If you'd rather start in downtown Kittanning (adds a mile), landmarks include the **Armstrong County Courthouse**, which sits above the town, and the [Kittanning Citizens Bridge](#) at the other end of Market Street. Walk down to the river and stroll [Kittanning Riverfront Park](#). Head downstream and you'll see the "Beauty in the Park," a massive Cottonwood tree. The adjacent N. Water Street includes a mix of historic homes and churches.

Staple eateries are [Dizzy Lizzie's](#) (breakfast all day) and [Downtown Bar & Grill](#). If you're in town outside of standard business hours, there's always [Sheetz](#) (convenience store). They recently added to their menu a soft serve ice cream bar with milk from Galliker's Dairy.

Back on the trail, you'll encounter a side trip opportunity at about mile 47.5. The [Cowanshannock Trail](#) (walking or biking) follows a creek by the same name. You'll experience a bit more grade here, but will find it well worth it when you reach the cascading Buttermilk Falls. There's no sign marking the falls, so simply make your way down to the creek by foot when you spot them.

The next site along the Armstrong Trail is the retaining wall for the [Monticello Furnace](#), a reminder of the area's industrial heritage. Bike a few more miles to hit a special spot. A

Little Free Library at mile 52.5 carries children's books and is surrounded by wetlands. Keep your eyes peeled for wildlife and also for the short nature trail just steps from the library. This area makes a great turnaround spot for families with children or anyone wanting a shorter ride.

Next up is **Templeton**, home to 325 people. Pause here to use the porta potty near the boat ramp. It's one of few facilities between here and East Brady.

The following stretch of trail offers a number of river views and passes through residential areas. After Allegheny Lock & Dam 9, you'll encounter the junction to Redbank Valley Trail, which goes east to **Brookville** (41.5 miles). You'll also be entering the Armstrong Trail's Railroad Heritage Area. Relics include a gigantic coaling tower that looms over the trail, the old Brady Tunnel, and a train turntable.

East Brady is just another couple of miles away. Follow the signs in the village of Phillipston to keep to the trail, and then share the road along some new housing until you reach the

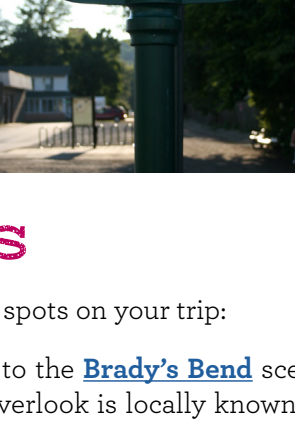
East Brady Riverfront Park. Follow the bike route along charming Purdum Street to get into town. The [Old Bank Deli & Coffee Shoppe](#) bakes their own bread and donuts, stocks locally-made pierogies and sauces, and carries [Kevin's Meats](#) products. (Kevin's is an area business located trail-side in Kittanning.)

Arrive in East Brady in August and you're likely to see [David Jones Farm's](#) sweet corn stand across the street from the Old Bank. We taste-tested the seasonal treat and heartily recommend it! For lodging, bike about three miles on Seybertown Road to the [Cogley House B & No B](#). There's no breakfast served, but you can get a full breakfast at the [Plaza Pantry](#) (next to the Family Dollar) on your way back into town.

Day 2

Backtrack to the Redbank Valley Trail—a trail with 14 bridges and three tunnels—and make your way 20 miles east to **New Bethlehem** (pronounced "New Bethlem" locally). You've biked nearly 50 miles in two days. You deserve some pie! [Evermoore's Restaurant](#), one of several in town, is known for its cream pies and also has a full restaurant menu. New Bethlehem is a quiet little town, perhaps just what you need. You can walk down to **Gumtown Park** to enjoy the creek and then pick up a six-pack at [Key Beverage](#) before calling it a night. Lodging options include the [Hunter's Moon Lodge](#), just south of the Climax Tunnel (before reaching town), and [Brick House B&B](#), north of town. Both are easily accessible from the trail.

Up for yet another day? Bike another 21 miles north to **Brookville**, a charming county seat. The "musts" here are [Opera House Café](#), the [Courthouse Grill](#), [Dan Smith's Candy Company](#), and [Buff's Ice Cream](#) (across Redbank Creek). We hope you're hungry! Walk it off by exploring town and stopping into the [Jefferson County History Center](#). The gracious volunteers and rotating exhibits will make you glad you stopped in.



Excursions

Have a Car? Consider visiting these spots on your trip:

From East Brady, take a short jaunt to the [Brady's Bend](#) scenic overlook. [Outlook Inn](#) next to the overlook is locally known for its burgers and hand-cut fries.

Drive 30 minutes northwest to **Foxburg** for wine, dining, segways, and more. At this point you'll be along the Allegheny River Trail.

The [Gold Eagle Inn & Restaurant](#) near Brookville offers an updated vintage motor lodge and traditional fare (with a number of gluten-free options).

Brady's Bend